

LOOK AT CHILD'S TONGUE IF SICK CROSS, FEVERISH

Hurry, Mother! Remove poisons from little stomach, liver, bowels.

Give "California Syrup of Figs" at once if bilious or constipated.

Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once. When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of its little bowels without griping, and you have a well, playful child again.

You needn't coax sick children to take the harmless "Fruit Laxative"; they love its delicious taste, and it always makes them feel splendid. Ask your druggist for a 50-cent bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by "California Fig Syrup Company." Refuse any other kind with contempt.—Advt.

Fall Weakness means the constitution weakened by summer weather needs building up. Most everyone has lost weight and this should be regained before the cooler days advance.

This is just the time to take **Duffy's Pure Malt Whiskey**

It will help you to regain your normal weight, because the tonic properties of all malted grain are invaluable in supplying strength and vigor to the system.

So remember, you can help to build yourself up to withstand the coughs, colds, grip, etc., of an early winter, if you "Get Duffy's and Keep Well!" At most family wine stores, licensed druggists or grocers. If they can't supply you, write us. Useful household booklet free. The Duffy Malt Whiskey Co., Rochester, N. Y.

KNABE FINE PIANOS FOR RENT AT MINIMUM RATES WAREROOMS 514 Ave. of the Americas

SOLDIER POLICE HOLD BIG PARADE IN 5TH AVE. TO-DAY

March in Full Military Equipment—Wirelesses From Points Along Route.

The policemen who have had military training parade in their military uniforms, with rifles and full field equipment, this afternoon from Sixty-fifth Street to Twenty-third Street, on Fifth Avenue. They started from the Seventh Regiment Armory.

Chief Inspector Schmittberger and his staff head the parade, which will be reviewed from the steps of the Public Library at Forty-first Street by Mayor Mitchell, Commissioner Woods, many police officials and the United States officers who supervised the drilling of the policemen at Fort Wadsworth last summer.

The order is as follows: First Regiment, nine companies, commanded by Inspector Dillon; Second Regiment, nine companies, commanded by Inspector Cohen; Signal Corps operating portable wireless to Police Headquarters all along the line of march, commanded by Acting Capt. McKensie of the Telegraph Bureau; Rapid Fire Battery, equipped with two guns from the Police Boat Patrol, commanded by Lieut. Edward B. Mulrooney; Machine Gun Company, eight machine guns, mounted on automobiles, commanded by Lieut. H. A. Taylor; Sanitary Company, formed of men who have had training as nurses and first aid attendants, commanded by Police Sergeant D. J. Donovan; Ambulance Corps, commanded by Lieut. Richard Graves; Mounted Troop of forty-four men, commanded by Acting Capt. Walsh.

The mounted troop is made up of men who rode to Syracuse in the early fall, camping on the way, only to be recalled on their arrival at the State Fair for car strike duty. The police band marches with the first half of the parade and the Thirtieth Regiment band with the second half.

THE ONLY MEDICINE THAT HELPED HER

"Fruit-a-lives" Again Proves Its Extraordinary Powers

ROCHON, QUE., March 2nd, 1915. "I have received the most wonderful benefit from taking 'Fruit-a-lives.' I suffered for years from Rheumatism and change of life, and I took every remedy obtainable without results. I tried 'Fruit-a-lives' and it was the only medicine that really did me good. Now I am entirely well—the Rheumatism has disappeared, and the terrible pains in my body are all gone. I hope that others, who suffer from such distressing diseases, will try 'Fruit-a-lives.' MADAME ISABE ROCHON. 50c a box, 6 for \$2.50, trial size, 25c. At all dealers or sent postpaid by Fruit-a-lives Limited, Ogdensburg, N. Y.—Advt.

Six Thin Women in Developing Contest Conducted by Evening World's Expert

MISS L.
Brooklyn
Weight 123
Height 5.8
Bust 32
Waist 26
Age 30

MISS H.
Brooklyn
Weight 106
Height 5.2 1-2
Bust 34
Waist 25 1-2
Age 28

MRS. K.
Jersey City
Weight 107
Height 5.2 1-2
Bust 30
Waist 25
Age 34

MRS. J.
Arlington, N. J.
Weight 82 1-2
Height 5.1 1-2
Bust 29
Waist 24
Age 31

MISS G.
Roselle Park, N. J.
Weight 103
Height 5.1
Bust 30
Waist 25
Age 25

MRS. L.
Teaneck, N. J.
Weight 104
Height 5.4
Bust 31
Waist 24 1-2
Age 25

For Eight Weeks, Beginning Thursday, They Will Apply Themselves to Special Diet and Exercise Course Published in The Evening World, and One Who Achieves Most Marked Development Will Be Awarded Fifty Dollar Prize.

By Pauline Furlong.
The group of photographs printed above introduces the six thin women who have entered the "developing" class in The Evening World's Figure Improvement Contest. Like the six stout women in the "reducing" class, who were presented to Evening World readers yesterday, they will follow a course of twenty-four exercise and diet lessons designed to aid them in achieving the figure improvement they desire. The thin woman who at the end of the course has effected the greatest increase in her weight and measurements will be awarded \$50. The first lesson in the "developing" course will be published on the Home Page of Thursday's Evening World, and the course will be continued every other day, alternating with the lessons for the stout women. The first lesson in the "reducing" course will be printed tomorrow.

The six thin women in the contest will hereafter be known as "Miss G.," "Miss H.," "Miss I.," "Mrs. J.," "Mrs. K." and "Mrs. L." the first six letters of the alphabet having been used to designate the six stout women.

In selecting the thin women I endeavored to choose dissimilar types in order to have them representative of as many of my readers as possible.

For instance, "Miss I." is 5 feet 8 inches tall and weighs 123 pounds, her weight being far below that called for by her height. My shortest thin woman, "Miss G.," 5 feet 1 inch tall, weighs 103 pounds. My lightest thin woman, "Mrs. J.," who weighs only 82 1/2 pounds, is but half an inch taller than "Miss G."

A complete tabulation of the weight and measurements of all six women follows:

MISS G.
Weight, 103 pounds; age, 25; height, 5 feet 1 inch; bust, 30; neck, 12; upper arm, 9; wrist, 5 1/2; waist, 25 1/2; hips, 36; thigh, 18; calf, 12 1/2; ankle, 8.

MISS H.
Weight, 106 pounds; age, 28; height, 5 feet 2 1/2 inches; bust, 34; neck, 13; upper arm, 10; wrist, 6; waist, 25 1/2; hips, 36; thigh, 17; calf, 12 1/2; ankle, 8.

MISS I.
Weight, 123 pounds; age, 30; height, 5 feet 8 inches; bust, 32; neck, 12 1/2; upper arm, 9; wrist, 5; waist, 26; hips, 36; thigh, 17; calf, 12 1/2; ankle, 8.

MRS. J.
Weight, 82 1/2 pounds; age, 31; height, 5 feet 1 1/2 inches; bust, 29; neck, 11 1/2; upper arm, 8 1/2; wrist, 5 1/2; waist, 24; hips, 35; thigh, 16; calf, 11 1/2; ankle, 7 1/2.

MRS. K.
Weight, 107; age, 34; height, 5 feet 2 1/2 inches; bust, 30; neck, 12 1/2; upper arm, 9; wrist, 5 1/2; waist, 25 1/2; hips, 34; thigh, 17; calf, 12; ankle, 8.

MRS. L.
Weight, 104 pounds; age, 25; height, 5 feet 4 inches; bust, 31; neck, 12 1/2; upper arm, 9; wrist, 6; waist, 24 1/2; hips, 35; thigh, 17; calf, 13; ankle, 7 1/2.

CONTEST LESSONS WILL BE OF VALUE TO ALL READERS.
Before arranging the present contest, letters from many readers convinced me that many women were interested in figure development. The applications received in this contest have proved that point. More letters came to me from thin women than from stout women.

I therefore know that many women readers of The Evening World will be interested in the progress made by my developing contest class, and I hope all will take advantage of the published course, for the diet schedules and the exercises are for the benefit of my readers just as much as they are for the contestants. The course will operate to build up the health of the thin women, in that way overcoming the physical conditions responsible for their emaciation and their ungraceful outlines. They will be "rebuilt," starved tissues fed; improper digestion corrected; wasted muscles developed; inactive cells awakened to a more vigorous life; the air capacity in underused lungs increased.

Inasmuch as the lessons in both the reducing and developing courses are for the benefit of all women, we follow the contest in The Evening World, and as many will practice the exercises and conform to the diet in their homes, I have prepared the chart published to-day.

I suggest that you keep a record of

shown. By comparing these figures with your own charts you can decide if your own results are satisfactory.

It would be interesting to see if any of you could better the record of any of the contestants.

FIGURE IMPROVEMENT CHART

For women readers who wish to take advantage of the published reducing and developing courses.

Comparisons	Start	First	Second	Third	Final	Net*
WEIGHT						
WAIST						
BUST						
HIPS						
NECK						
UPPER ARM						
THIGH						
CALF						

* On alternating weeks tables charting progress of women in reducing and developing contest will be printed. On same dates enter your own measurements in above space. Column marked "start" is for your present measurements. "Net" column is for net results at end of course.

Children Cry for Fletcher's CASTORIA

The Kind You Have Always Bought has borne the signature of Chas. H. Fletcher, and has been made under his personal supervision for over 30 years. Allow no one to deceive you in this. Counterfeits, imitations and "Just-as-good" are but experiments, and endanger the health of Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It contains neither Opium, Morphine nor other Narcotic substance. It destroys Worms and allays Feverishness. For more than thirty years it has been in constant use for the relief of Constipation, Flatulency, Wind Colic, all Teething Troubles and Diarrhoea. It regulates the Stomach and Bowels, assimilates the Food, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

The Kind You Have Always Bought Bears the Signature of *Chas. H. Fletcher*

In Use For Over 30 Years

THE CENTAUR COMPANY, NEW YORK CITY.

What Is an Internal Bath?

MUCH has been said and written about the present living conditions, the unnatural lives and being, for that reason, only half as energetic, enthusiastic, ambitious or even healthy as it should be. And this is so.

The confined lives that we live, the lack of constant exercise (for it must be constant to be effective), and the strenuous requirements of our business or social duties, directly bring on a condition to which little attention has been paid in the past, though it does more to rob us of power, spirit and ambition than any other one thing known to medicine.

But Nature has provided, as in so many other cases, an immediate and perfectly natural relief for this condition, and over five hundred thousand Americans are already taking advantage of it.

When you are ill and a physician is called, the first step that he takes, NO MATTER WHAT IS THE MATTER WITH YOU, is to clean out the colon (large intestine).

There are two reasons for this: One is that medicine will take little or no effect while there is waste matter in the colon. The other and MOST SIGNIFICANT REASON is that if the colon did not contain this waste, it is safe to say that you WOULD NOT HAVE BEEN ILL AT ALL.

The penalty for the lives we live is agreed on by all physicians to be the clogging up of our colons with waste matter which the system does not voluntarily carry off.

This waste is extremely poisonous; the blood circulation comes in sufficiently close contact with this waste to take up these poisons by absorption and distribute them throughout the body.

The result is a gradual weakening of the blood forces; the liver becomes sluggish; biliousness asserts itself; we become heavy, dull and develop a more or less nervous fear of anything we undertake. The more this waste accumulates the more we are affected until at last we BECOME REALLY ILL and incapacitated.

Now the Internal Bath by means of the "J. B. L. CASCADES" is the one process with the assistance of simple warm water, properly introduced in a new and natural way, that will keep the colon as clean and sweet and pure as Nature demands it to be for perfect health.

Enlightened physicians by thousands are prescribing this new method, which is fully explained in a little book called "Why Man of To-Day Is Only 50% Efficient," by Dr. Chas. A. Tyrrell of New York, who is a specialist in this subject.

You can obtain one of these free upon request at Liggett's-Riker-Hegeman's, where the "J. B. L. CASCADES" will also be shown and explained. It explains just why this method has proven superior to any other for removing this troublesome waste; how the "J. B. L. CASCADES" gives the bath in the most natural and effective way, also many other interesting facts and statistics which cannot be touched on here.

So if you are nearly well and want to get really up to "concert pitch" if you want to feel consistently bright, confident, ambitious and enthusiastic—in fact, no matter what your condition, sick or well, the experience of other hundreds of thousands would prove it worth your while to at least call at one of our stores and get a free copy of this valuable book, and look further into this method and its history.

"J. B. L. CASCADES" AT ALL

Liggett's-Riker-Hegeman Stores

WOMAN SAYS SHE WAS BOUND AND GAGGED

Her Feet in Kicking Out Pane in Window Worthy of Contortionist—None Saw Robbers.

Bound hand and foot with bedding and gagged with paper, Mrs. Emily E. Gardner, twenty-one years of age, Gustave Gardner, a bank clerk, was found in her apartment, No. 511 West One Hundred and Eighty-sixth Street, late yesterday afternoon. Curtains and bedclothes were as if when other tenants broke into the room.

Mrs. Gardner told the police two masked men had tied her and had then set fire to the bedclothes and curtains, saying, "Let's burn her to death."

She wriggled to the kitchen and kicked out the window. Falling glass and two feet protruding through the broken pane attracted attention.

Agnes Jensen, switchboard operator, said she saw no men enter or leave the house.

Mrs. Gardner's plight, told the police, the women's clothes were not disarranged.

Mrs. Gardner was not injured, nor was anything taken. There were no marks of violence to show forcible entry.

Premier SALAD DRESSING

"The Kind That's Different"

A real salad dressing, not a mustard dressing. So delicious and creamy it fairly melts in your mouth. Just the right taste, whether served cold on fruit, vegetable, chicken or fish salads, or hot with duck, roast beef, scallops, lobster or shad roe.

Will not separate or spoil with standing. Retains its creamy smoothness and delicious flavor cold or hot.

Far cheaper than you could produce its equal. Costs less than good butter—and the children are delighted to eat it on bread in place of butter. Two sizes for your convenience, the large bottle at 25 cents, and a small size at 10 cents. The larger size is the more economical.

FRANCIS H. LEGGETT & COMPANY
28th St. & 13th Ave.
New York

If you don't like it, you can have your money back without argument

Captivating flavor
Will not separate
Pure and clean
Economical to use freely
TRY IT